

2019 Gluten Free Foods at the Fair List

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See us in our booth
at the HealthFair11
building at Dan Patch
& Cooper!

Minnesota State Fair food vendors supplied us with these foods they consider gluten free at the 2019 fair.

Twin Cities ROCK has to the best of our ability tried to make sure this list is as accurate as possible. This list should be considered a starting point for your gluten-free food search.

As always, GF eaters should be diligent in asking questions of the vendor and then deciding if the food is okay for you to eat.

Minnekabob | Dan Patch and Underwood
GF Foods: Kabobs (beef and Chicken)

Minnesota Apples | Horticulture Building
GF Foods: Cider, Cider Freeze, Apples, Applesauce

O' Gara's at the Fair | 1626 Dan Patch
GF Foods: Corned Beef & Cabbage, Chicken Caesar Salad, Strawberry Salad, Pyro Pale Ale, Loon Juice Hard Cider, Cannon River Winesm Kinky Cocktail, Kinky Slush, Irish Tater Kegs (made in dedicated fryer) *new fair food

Oof-da Tacos | NE Corner of Dan Patch and Cooper
GF Foods: Nacho Supremes, Taco Salads, Taco in a Bag, Chips and Cheese, Loaded Bucket

Pickle Dog | Corner of Carnes & Leggett
GF Foods: Pickle on Stick, Pickle Dog, Fire Dog

Root Beer Barrels | 4 booths throughout the fair
GF Foods: Root Beer, Coke Products, Lemonade

Salted Nut Roll Trailer | Dan Patch and Underwood
GF Foods: Peanut, Cashew, and Pecan Rolls- plain or chocolate dipped

Simply Nuts | Coliseum
GF Foods: Cashews, Mixed Nuts, Cranberry Trail Mix, Triple Berry, Roasted Almonds, M-M Trail Mix, Pistachios, Chocolate Peanuts, Butter Toffee, Peanuts, Pecan Pralines, Cinnamon Almonds

Smokin' Joes Smokehouse | Northwoods
GF Foods: Beef Jerky, Turkey Jerky

Sonny's Foods | Food Building
GF Foods: Fresh Flash Fried Potatoes, Beer Battered Brats

Spring Grove Soda | Near the DNR Building across from Kare 11
GF Foods: Soda Pop in 9 flavors- Rhubarb, Orange, Lemon Sour, Root Beer, Creamy Orange, Grape, Cream Soda, Black Cherry, Strawberry

Strawberry Patch | Liggett Street (front of horse barn)
GF Foods: Strawberries & Hot Fudge, Strawberries & Cream

Taco King | Near the Corner of Judson and Clough
GF Foods: Tostadas: Beef, Chicken & Bean; Nachos; Nacho Grande

The Blue Barn | West End Market
GF Foods: Bacon Stuffed Tots, Loon Juice Cider

The Charcoal Hut | Next to the International Bazaar
GF Foods: Grilled Chicken Quarters, Chicken Fillets, Turkey Drumsticks, Salad with Chicken or Turkey, Whole Pickles and French Fries

The Frontier Bar | Carnes between Liggett and Chambers
GF Foods: Pyro Beer, White Claw Seltzer Water, Popcorn, Salted in Shell Peanuts

The Jerky Shop/ Big Pop Popcorn | Lower Level Grandstand
GF Foods: Snack Sticks- regular, maple, jalapeno, cheddar, hot, garlic, bbq, xx-hot; Beef Jerky- Hickory, Pepper, Jalapeno; Popcorn- Plain, kettle, parmesan garlic, creamy buffalo ranch, dill pickle, ranch, white and yellow cheddar, caramel, confetti

Thomasina's Cashew Brittle | Merchandise Mart
GF Foods: Cashew Brittle, Apple Brittle

TOT BOSS | East side of Underwood St between Wright and Dan Patch Aves, South of Kidway
GF Foods: Tater Tots, Tater Tot Nachos, Chili Tots, Bacon Wrapped Tots, Loaded Tots and Dipping Sauces.

Two Rivers Kettle Korn | West End Market
GF Foods: Popcorn- Reg, Cheddar Cheese, Kettle Korn, Jalapeno cheddar cheese

West Indies Soul Food | International Bazaar
GF Foods: Jerk Chicken, Jerk Pork Chops, Caribbean lemonade, sweet tea, coffee, grits

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About a Foot Long Hot Dog | Between Fine Arts and 4H Building on Cosgrove

GF Foods: Foot Long Hot Dog without the bun

Artic Island Slushies | Baldwin Park

GF Foods: Frozen Slushies- Fresh Fruit Flavors

Ballpark Café | Between Food Building and Garden

GF Foods: Garlic Fries (made in Dedicated Fryer), Sweetland Orchard Cider

BBQ Baked Potato | Cooper St. Outside of food Building

GF Foods: Baked Potatoes with various toppings

Blue Moon | Corner of Carnes & Chambers

GF Foods: Gluten Free Waffle, Gluten Free Pizza (made near gluten full products)

BRIM | Hoyt Street

GF Foods: Dedicated kitchen- cinnamon sota sandwich with cinnamon bread, nut butter, MN blueberry marmalade

Café Caribe | Carnes between Cooper and Chambers

GF Foods: Wine, Seltzers, Hard Cider ,Cajun Peel-n-eat shrimp, Grilled chicken Breast (food near gluten full products and on shared equipment)

Caramel Apple Sundae | Carousel Park

GF Foods: Caramel Apples in a dish, Apple cider (& other soade) Floats

Chicago Dogs | The Garden

GF Foods: Vienna Sausage, Italian Roast beef, Udi's Buns, Old Dutch Potato Chips, Redbridge Beer

Chicken-n-Chops on a Stick | Judson St, In Front of Dairy Building

GF Foods: Chicken and Pork Chops on a Stick

Cinnamon Roasted Nuts | International Bazaar

GF Foods: Cinnamon Roasted Almonds, Cashews, and Pecans

Corn Roast | Across from the Grandstand

GF Foods: Roasted Sweet Corn

Dole Whip | Front of DNR Building

GF Foods: Dole Whip (cup only)

Falafel King | Food Building

GF Foods: All Bowls are gluten free (Falafel, Gyro, Veggie, Chicken Shawarma, Hummus, & Greek Salad)

French Meadow Café and Bakery | 1703 Carnes Ave underneath the Giant Slide

GF Foods: Gluten Free Sandwiches (using separate prep and cooking), Deep Fried Risotto Poppers, Deep Fried Sconuts, and Earth Wings

Fried Fruit and Fried Olives | In Front of the Grandstand next to Dan Patch Park

GF Foods: Peppadew Olives (unbattered), fresh fruit cups and fresh fruit smoothies

Fresh French Fries | 2 Locations: 1) Midway- Corner of Liggett St and Carnes Ave 2) Dairy Location- Just across the Street from the Dairy Building

GF Foods: French fries

Funky Grits | Food Building

GF Foods: 100% GF shrimp and grits

Fudge Folks | Lower Grandstand

GF Foods: Fudge

Holy Land | International Bazaar

GF Foods: Chicken Gyro Tray, Beef on a stick, Lamb on a Stick, Beef Koobideh, Koobideh Plate, Falafel Tray, Falafel on a stick, Tabouli (made with quinoa), Hummus with GF chips, Grape Leaves, Veggie Combo

Jonny Pops | West End Market

GF Foods: All Flavors are Gluten Free

Josef Abel Meats | West End Market

GF Foods: Beef and Turkey Jerky; Mild, teriyaki (using gf soy sauce), Hot & Spicy, Habenero-Mango Beef Sticks

Key Lime Pie Bar | Across from Food Building

GF Foods: Island Way Sorbet- Coconut, Pineapple, Lemon and Orange; Frozen Strawberry Fruit Bar

Licorice Ropes | Lower Grandstand

GF Foods: 3 Flavors of GF Licorice